School for Housewives



boiled and cooled, but ofly on the surface, and it leaves no sediment."

As a non-professional cook and housekeeper I will add that the inferior brands of chocolate are often blended with earth-just plain, dry DIRT! the dust of Mother Earth into which all perishable things will be one day resolved. I have handled and tasted it for myself in the course of amateur analyses of "pure foods."

Moral: Don't buy cheap chocolate unless you like mud! Directions for making chocolate into

a beverage were given here so lately that our recipes today will deal with the use of it in other forms.

Chocolate Cup Custards.

Heat a quart of rich, unskimmed milk in a farina kettle, dropping in a pinch of soda to prevent curdling as it heats. Beat light without separating whites blespoonfuls of powdered sugar. Pour upon this, stirring all the time, the scalding k; put over the fire in the double boiler and beat in five tablespoonfuls of grated unsweetened chocolate. Stir until the custhickens. Practice will soon teach you, from the look of the spoon, when to remove it from the fire. Pour out at once to cool, and add a teaspoonful of vanilla essence. When cold, turn into cups or glasses, and heap a teaspoonful of whipped cream surface of each cup. Serve ice cold.

Baked Chocolate Custards. Make as directed in last recipe up to the point of returning the custard to the fire. Pour it, instead, into cups or into a larger bakedish, and set in a pan of hot water. The water should rise about half way to the top of the cups or dish. Bake in a quick

oven until set in the middle and slightly browned. Cool quickly, as custards continue to cook after they are withdrawn from the fire, and an overdone custard is a curdled

custard.

Eat with cream turning the cups upside down upon saucers, after loosening the contents from the sides. They should be left to the contents from the sides. They should be left to serve them.

Chocolate Trifle.

Soak a package of gelatine in two cupfuls of milk for two hours. Scald a quart of milk in a rice boiler, not omitting the pinch of soda. In a large bowl beat the yolks of two eggs with five tablespoonfuls of pow-

Without removing the milk from the range, stir into it the soaked gelatine, and when it is thoroughly dissolved pour the contents of the kettle upon the beaten eggs and sugar. Add five tablespoonfuls of unsweetened chocolate (grated), previously wet to a paste with a little cold water. Return to the boiler and the fire and stir for three minutes. It should be just on the boil when you take it off again and pour into the bowl. Have ready the whites of three eggs whipped to a standing froth. Stir in lightly with a teaspoonful of va-nilla. Pour into a mold or molds wet with cold water and set away to cool and form To serve it, wrap a cloth wrung out in hot water about the mold, and invert upon a chilled dish. The "trifle" should be ice

Eat with powdered sugar and cream.

Chocolate Pudding (Cold).

Scald two cupfuls of milk in a double boiler, adding a pinch of soda. When the boiling point is reached, stir into the kettle of milk four tablespoonfuls of sugar and half as much cornstarch (generous spoonfuls) already wet up with cold milk. Cook for two minutes after the boil is regained, stirring faithfully: add two heaping tablespoon-fuls of grated chocolate; stir for another minute over the fire, and take from the range. Season to taste with vanilla and pour into a mold wet with cold water. Eat cold with cream and sugar.

Brun Mange.

Soak half a box of chocolate in a cupful of milk for two hours. Have ready a quart of milk brought to the boil in a farina kettle. Put a pinch of soda in the milk when cold. When scalding hot, stir in the soaked gelatine and a cupful of granulated sugar. When these are dissolved add five even tablesuponfuls of grated chocolate. tablespoonfuls of grated Stir for one minute and pour into a bowl. Season with vanilla. Put your eggbeater into the hot mixture and whip steadily for

Turn into a glass bowl and set in the ice as soon as it is cold. Serve in the dish with whipped cream heaped on the top. Chocolate Pie.

Scald a pint of milk, dropping in a pinch of soda, and pour upon three eggs that have been beaten light (yolks and whites to-gether), with a scant half cupful of pow-dered sugar. Now add four tablespoonfuls chocolate, stir over the fire for of grated chocolate, stir over the fire for two minutes to incorporate the ingredients, flavor with a teaspoonful of vanilla and pour into a pleplate lined with puff paste. Bake in a steady oven. When the custand is set, draw to the mouth of the oven and spread quickly with a meringue made by whipping the whites of three eggs to a standing froth with two tables; sugar. Close the oven an color lightly. Eat cold. Close the oven and let the meringue

Eggless Chocolate Frosting. (Repeated by request.)

Put two squares of bitter chocolate into a pint bowl and pour upon it enough boiling water to cover the chocolate. Half a cupful is about enough. Cover and stand over the boiling teakettle until dissolved then stir in pulverized or confectioners sugar until stiff enough to spread. It can be spread on as thickly as desired, as it does not harden all through. Use it for chocolate creams and to dip nuts in. For candy, add a couple of drops of clive oil to make a gloss.

Marion Harland

Cleaning Hats for Another Season

Steaming Chocolete to Melt.

C PRING is coming along at a very rapid pace, and it is almost time to take out last summer's hats and look them over to see if they can be put to any use this season. Leghorns are always good, and may be bent into whatever shape is popular at the moment but unfortunately, they change color in the sunlight, and it is necessary to get them back to their former state of whiteness if they are to be worn

again. Neapolitans, too, are usually good form, and if their shape does not suit, they may be wired and held firmly in any way the wearer prefers.

Chip, the favorite of last summer, is another straw that may be used the second season, but it usually requires a thorough cleaning. For this purpose nothing is so effective as peroxide of hydrogen, which may be poured on the straw and then quickly rubbed with a stiff brush, but, of course, the brim must first rest on a flat surface. If the operation is repeated again and again and the hat dried in the sun, the result will be surprising, and no one who had a hat last year should complain that for this year she has none. Of course, this prescription also applies to men's straw hats, as many careful house-wives know, and unless the style in masculine modes has changed very much in the past eight months, the old straw hat can be made to serve for at least two months longer.

Mock Lemon Pie.

One beaten egg; one cup of sugar; two or three crackers rolled fine; one cup of chopped and skinned rhubarb (raw). The taste is far more delicate than that of the rhubarb ple as it is usually made. Bake with top and bottom crusts.

Mrs. W. B. (Buffalo, N. Y.).

I hold the address and I shall be

happy to forward to you any scrap of

information relative to hooked rugs.

enough to fall entirely out of the mar-

Sweetening Rancid Lard

I see that a recipe for sweetening rancid lard is called for. I inclose one I can indorse unqualifiedly: Cut into small pleces raw potatoes. You will need a large number for the quantity of lard your correspondent speaks of. Fry them in the lard, then pour the lard through a fine strainer into a jar. I'll assure you the lard will do for ples or for any other purpose. The potatoes should be of a light brown. They absorb the rancidity of the lard.

M. B. B. (Philadelphia).

I should recommend the housewife to

try the suggested scheme upon a small

quantity of lard before risking a pot-

ful. The cure seems too easy and sim-

ple to be quite credible. It is a "find,"

if, as we think, our cook speaks of a

personal experiment.

On this I keep a mat for the basin powder, vaseline, etc. During the day is stands behind a screen with a pile of folder napkins upon it. Mrs. C. O. W. (Dowagiae, Mich.).

Tranging Par

I hesitated to print the cookey recipe for a time, thinking there must be omission in it. I ask now if this ma not be. Will not the mixture be too stiff unless milk be added? Read over carefully, and let me know if am right in the suspicion.

Caring for Dish Cloths

ISH RAGS are the great difficulty that beset the careful housekeeper in her efforts to keep a clean and tidy kitchen. They are drying or the hook and hanging on the sink, and somehow a towel used for pots and pans is always damp. Then time must be taken from the general work to wash them out and dry them, and altogether they are most extremely annoying.

All these things, and more too, were discovered by a careful young housekeeper, so she arranged to have a dish in the outer kitchen filled with good clear water and some washing soda; and into this mixture the cloths were dropped immediately after using and there they were left till evening, when they were hung up where they might dry over night.

Of course, enough towels must be on hand, so that the same one need not be used more than once a day, but at least they are always clean and the kitchen is always in order.

Home-Made Desk Pads

DESK pad that, with a little care and dexterity, can be made A at home successfully was seen among some new things not long ago. Two pieces of cardboard, about twenty by fourteen inches in size, were pasted together at one of the longer edges, making what looks like a pageless book cover. This was covered by a piece of flowered cretonne neatly turned at the edges, and these raw edges covered by a piece of firm white paper, which extended over the entire inside of the pad. Two or more pieces of blotting paper were inserted and fastened by ribbons passed through both covers and blotting paper and tied on the outside. A piece I know that you do not give business ddresses in the Exchange, but should any f the Cornerites be able to help me out f my dilemma, I will gladly send postage o cover the expense of mailing the information to me. of ribbon of the same shade, but wider, was fastened so that it ran diagonally across each cover and, tying, held the leaves in place. mation to me.

To pay my way a little, I enclose a recipe for

Knives and Forks

HE day of the old-fashioned three prong steel forks and woodenhandled knives for kitchen use has gone, and the equipment for the present day includes a set of German silver utensils, which are really just as cheap and very much more satisfactory. They have not been out of fashion long They cannot rust as did the steel monstrosities, and what could be more unsatisfactory than to eat with a rusty fork? The new knives may not be as sharp, but who needs a razor blade to cut meat and butter bread? All the difficult work for cooking is or should be done with the steel vegetable knives made for the purpose, and surely no one would prefer those spiky forks of a bygone day.

To Protect Silk Hose

VERY one who wears silk stockings knows how easily they wear out, and one clever girl whose needs do not fit her pocketbook has found that by knitting inside feet of suc thread she can wear them and thus protect her fragile hosiery of silk. These feet are made just so hey cover the sole, and extend only slightly over the foot that they may be worn with slippers and yet not be seen. The idea is good, because home-made stockings are of much better quality than are the machine-made varieties, and the girl who originated the idea says that her gossamer hose last just 1 ' times as long as they did before she wore her home-

THE HOUSEMOTHERS' **EXCHANGE**

UR PAGE of today is particularly rich in trustworthy recipes from benevolent

beans of the caeao tree and mixing

them with cornmeal and spices. So an-

ALL PARTS UTILIZED

The seeds were ground into a rich,

'Vily paste; this was pressed into moulds

and dried into cakes of "chocolati," or,

as some have it, "cacaotl." There re-

mains, after the oily part of the seeds

has been extracted, a dry powder,

which, when mixed with water or milk

and cooked, gives us "broma," a milder

preparation of the chocolate much in

tavor with persons whose stomachs do

not digest the richer product. The pods

inclosing the seeds are dried and pound-

ed into "cocoa shells." This last is yet

milder than broma, and is often drunk

in large quantities by nursing mothers

The brief history of the invaluable

bean, its products and by-products,

should be conned by the lovers of the

various forms of chocolate. The author

of the work from which I draw the out-

lines of this sketch says, dryly enough:

"In a pure state it is very nourishing.

It is extensively adulterated with rice-

meal, oatmeal, flour, potato-fat, starch,

roasted nuts and almonds." Reading

further, we learn something that may

put a testing-rod into the hands of our

"Good chocolate is smooth, firm, sol-

to increase the flow of milk.

housemother:

cient and dishonorable is the art of

adulteration of foods!

members. One of my girlhood experiences was a "seance" with what purported to be spirits "from the vasty deep" bewond human vision. I received a written communication addressed to my awed self and bearing a familiar name as signature. The paper contained these words:

"ENCOURAGE THESE MANIFESTA-- TIONS!"

"Only that and nothing more!" I paid my dollar and went home the wiser for the experience and for an addition to the stock of family jokes my gullible self being the butt. Since that day the phrase has passed into common use with us, and, applied to a hundred happenings of daily living, has done yeoman service. I pass it along the line of my codjutors in recording the recipes reived in response to my request for comparison of housewifely haps and mishaps, "Encourage these manifestations" of lively interest in our Exchange and widening charity for the vounger and Ignorant learner in

our school. When you find out for yourself a better way of making a pudding, or dusting a room, or cleaning a solled jacket than you ever had before, share the knowledge with others. It is by such means-the littles by littles that mean so little at first and accomplish so much in the end-that housewifery advances to the dignity of a science. I have always liked the story of the workman who stopped on his way to his daily labor to listen to the praises a party of tourists

were bestowing upon the Cologne

Cathedral.

Grating the Chocolate

beyond the bounds of respectful reserve by pride in the magnificent structure, "we builded well!" The strangers eyed his blue blouse and toil-stained hands in amused

"Yes," he broke forth at last, elated

wonder. "You builded! You are not an architect!"

"No, but I carried mortar for it for sixteen years!" Every really worthy recipe, every hint that may make a fellow-housewife's task a little easier, is a stone in the building we are raising. Or, at least, a hodful of mortar.

Contributions From Oregon "E. C." wanted a good cornstarch cake recipe. Here is one, but I do not know that it is any cheaper than an ordinary

Cornstarch Cake. One half cup butter (scant), 1 cup sugar, 2 eggs (yolks), 1 teaspoon extract almond, 1/2 cup sweet milk, 11/2 cups flour, 2 tablespoonfuls cornstarch, 1 teaspoonful baking powder, whites of 2 eggs.

Mix in the order given. Sift cornstarch and baking powder with the flour. Bake in a shallow pan.

Cheap Cake Recipe.

Here is a cheap and excellent cake recipe. I make it for almost all my cakes, adding chocolate, nuts or raisins, as I wish; One-third cup butter, I cup sugar, 2 eggs, 2-3 cup milk, 2 cups flour, 2 teaspoonfuls of baking powder.

Bake in layers and fill with chocolate of Bake in layers and fill with chocolate or cocoanut frosting.

A few weeks ago you said rice should be boiled. Don't you think steaming to better? I am not sure, but I think that the Chinese steam their rice. I wash min well taking one cup of rice, a teaspoon ful of sait and two cups of boiling wats I have no double-boiler, so I take a small bowl and set it in a saucepan, and it an swers the same purpose. My oatmeal make in the same way. Each cooks about half an hour, and that is enough, I oatmeal, however, I put in the bowl night, and have it on the gas stove. The marning I Mght the fire under it

most as soon as I get up, and it is cooked by the time breakfast is ready. Rice can also be scaked all night without losing in flavor. Cold water should be added in-stead of hot water, but do not pour off the water, because all the good is in the water. If you wish, take a little more than three cups of milk to one cup of rice. In steaming rice all the water or milk is absorbed and nothing wasted. Each kernel is separate, too, if not cooked too long. One half hour is long enough.

Making Cracked Wheat. In making cracked wheat, for which we have developed quite a fondness, I soak the wheat all night in saited water-just a little more than enough to cover it-and steam it in the same way I do rice or outmeal. Sometimes I add chopped wainuits and dates just before I light the fire under the wheat, and the combination is delicious. Try it.

SUNDAY

BREAKFAST.

Oranges, cracked wheat and cream, deviled kidneys, rice muffins, toast, tea and coffee.

LUNCHEON.

Mock pate de foie gras, saratoga potatoes, graham bread and butter, cut thin; fruit salad with mayonnaise, crackers and cream cheese, lemon cream pie, cocoa.

DINNER.

Tomato and okra soup, roast beef and Yorkshire pudding, browned sweet pota-toes, saisify fritters, tipsy parson, black coffee.

MONDAY

BREAKFAST,

Fruit, cereal and cream, apples and bacon, fried; baked toast, French rolls, tea and coffee,

LUNCHEON.

Baked beans and pork, prown bread (steamed), endive salad with French dress-ing, heated crackers, engigite russe, tea. DINNER.

TURADAY

esterday's soup, braised beef a la jar-dere (a left-over), scalloped sweet po-ces (a left-over), stewed celory, squash black course.

This letter is rather long, I fear, but for people who like different cereals, this is an easy way to prepare them. I hope I can do something better for you some day. I am always afraid to answer the letters because I know that people living nearer will get replies in sooner than I.

Best wishes to you all, from

OREGON (Portland, Ore.).

A capital letter! and the more acceptable because it is neatly typewritten. If there were a law requiring every signature to be stamped or typewritten we should not be compelled to say so often to inquiring correspondents, "We regret to plead a flaw in the address as the reason of our delay in answering your communication."

Preserving Eggs.

Here is my recipe for preserving eggs. I have in my storeroom eggs that were laid last August and September, and they are as fresh as if laid yesterday.

I put them in salt, Not the fine table selt that comes in bags and boxes, but that which I buy by the pound. I pack them in small boxes, so arranged that no egg can touch another. I also put them down by wrapping each egg in paper, but the salt is better. wrapping each egg in paper, but the sa is better. MRS. A. S. (New Lisbon, Wisconsin).

Wants Old-Fashioned Burlaps Car you tell me where I can get the old-fash oned stamped buriap that was used for making hooked rugs? I have tried in vain to get it, with directions how to make the rugs and to learn if there is a partic-ular kind of hook to be used in the work.

FAMILY MEALS FOR A WEEK

boiled salt mackerel with tomato sauce, quick biscuit, toast, tea and coffee. LUNCHEON. Savory stew of beef (a left-over), baked potatoes, boiled rice, gingerbread and cheese, tea.

DINNER. Clam chowder, veal cutlets, scalloped to-matoes, spinach, cornstarch pudding with hard sauce, black coffee. WEDNESDAY

BREAKFAST. Fruit, mush and cream, bacon and eggs, popovers, toast, tea and coffee. LUNCHEON. Griddle cakes and sausage griddle cakes with maple cream and honey for second course, tea. DINNER.

Spinach cream soup (a left-over), corned beef, mashed turning, ladies' cabbage, baked cup custards, black coffee. THURSDAY BREAKFAST.

Oranges, hominy and cream, bacon and ried mush, graham gems, toast, tea and LUNCHEON. Cold corned beef (a left-over)

DINNER Mock turtle bean soup, roast chicken, rice croquettes, string beans, French taplo-ca custard, black coffee.

BREAKFAST. Oranges, cereal and cream, codfish cakes, orn bread, toast, tea and coffee. LUNCHEON.

DINNER Yesterday's soup with addition of to-matoes, cyster pie, fried celery, macaroni with cheese sauce, sust pudding, black coffee,

SATURDAY BREAKFAST. LUNCHEON.

DINNER soup, chicken and rice scallos ver). Brussels sprouts, navy beans. Marion Hariand compete with neare also black essent.

FRIDAY

Corned beef hash, stuffed potatoes, let-tuce and string bean salad, orackers and cheese, cake and canned fruit, cocoa.

Baked apples and cream waffes and grup, boiled eggs, toast, tea and coffee. Omelette aux fines herbs, baked sweet potatoes, baked macaroni (a left-over), cookies and chocolate.

Recipe for Cookies I send a recipe for cookies that will please husband and children.

Two cups of brown sugar, half a cup of lard four cups of four, four cups of oatmeal, one cup of chopped raisins, a pinch of sait, four eggs one even teaspoonful of soda dissolved in a little hot water. Mix well with the hands and drop upon tins with a spoon. with a spoon,
My husband made for me a little table
to use while bathing the baby, which has
been so useful I thought you might like to
tell others of it.
To the underside of a wooden box he
mailed four broomsticks, sawed sews to the